



Chichester

HERALD

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WIDEN-EDN WEEKLY NEWSPAPER

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*They think Africa is to a
step on the box*
TOMMY BOYD

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*Win a meal for 2 at Murray,
at the Ship Hotel*
COMPETITION

Page 10



*Win a two tickets to see
Dracula Unfold*
COMPETITION

Page 22

Sack cheating Bishop

>> Furious husband demands former Arundel Bishop is defrocked

James Ball
HERALD CHICHESTER EDITOR

A GRATED ex husband yesterday demanded that a bishop should be defrocked over claims of inappropriate relationships.

City banker Simon Hargreaves, whose wife Gloria has been linked with Bishop Kevin Garry, called on Catholic leaders to act.

Demanding that the former Bishop of Arundel be barred from the priesthood, Mr Hargreaves is compiling a formal complaint over claims about Bishop Garry's current friendships with women in recent years.

Mr Hargreaves will submit his complaint to the Papal Nuncio, the Pope's representative in the UK, along with Cardinal Vincent Nichols, the head of the Catholic church in England and Wales, and the Vice General, one of the church's most powerful figures.

The complaint will state that 47-year-old Bishop Garry broke his vows of celibacy and forced the church's central teaching on adultery and the sanctity of marriage and family life. It will also state that the Bishop took advantage of his position of authority with women who had turned to him for spiritual

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The Bishop of Arundel with Gloria Hargreaves

MORE HEADLINES >>

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TINKER LEADS FURTHER
DISSENTION AMONG LEAGUES**

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**DISPOSABLE APPS WILL BECOME OF
CRIMINALS AND THIEVES
STRIFE IN TOWN OF ARDRETT**

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**NATIONALS REVEALING HISTORY
A HISTORIC LUMBER FOR
CONSTITUTIONAL CHANGES**

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Furious husband demands former Arundel Bishop is defrocked



Bishop Gary Hughes last month as details of his close friendships with women began to emerge

comfort and advice after marital problems.

Bishop Gary stepped last month as details of his close friendships with women began to emerge.

He admitted to having an affair with a woman six years ago, but denied any physical

relationships with another of his close friends.

Mr Hodgkinson's advisers claim that Bishop Gary has been extensively involved with two women since 2008.

The 49-year-old businessman is being helped by Graham Sabin, of the charity Catalyst - which helps

individuals whose family life has been affected by religious or cult groups.

Mr Sabin said "Bishop Gary has not only broken his vows of celibacy, which are central to the Catholic priesthood. More importantly he has, by his own

admission on at least one occasion, committed adultery with a married woman, which is the crime of the church in a mortal sin."

"As a result his behaviour raises fundamental questions about his position as a priest and his ability to look after his flock."

He said the three needs to be defrocked and returned from the priesthood.

Mr Hodgkinson, 49, is a teacher at a school where the bishop was a frequent visitor.

Mr Hodgkinson said of the former bishop "His behaviour has been appalling. To think that this is a person who people turn to for marriage advice is unbelievable. It makes him a hypocrite."

He said the bishop and his wife exchanged hundreds of texts a day over a period of several months following a trip to Lourdes last year.

The pair allegedly also exchanged dozens of letters where they discussed their feelings for each other.

Mr Sabin added "This is not the kind of behaviour one would expect from a church figure in a position of authority where duty would be to encourage a couple

whose marriage is going through a difficult period to reconcile with each other."

"The bishop was a man who knew the marriage was in trouble and, instead of trying to help, he began writing love letters to the women. It is as close as his position and a betrayal of his friendship with both her and her husband, who he dismissed into the church four years ago."

Bishop Gary, whose diocese covers Sussex and Surrey, quit last month claiming he had been "unfit" to his position as a Catholic priest.

He said his actions "were not illegal and did not involve money".

He apologised to those "hurt by my actions and those to all of those inside and outside the diocese who will be shocked, hurt and confused".

He said his supporters would take comfort in this, and he would now take time to reflect on his life.

The statement did not specify what way he had been "unfit" to his position.

The statement ended "I am sorry for the shame that I have brought on the diocese and the Church and I ask for your prayers and forgiveness."

Man arrested following shooting in Barnham

A 39-YEAR-OLD MAN who was arrested for a firearms offence following a shooting in Barnham on Tuesday (24 October) has been released on bail until 12 November.

The man, who was detained for possessing a firearm with intent to endanger life and assault after a 50-year-old man who is known to him suffered a minor injury to his chin after being shot in Gosport Road at about 11pm. He went to St Richard's Hospital, Chichester, for treatment.

Officers have carried out searches in the area and have recovered a spent ball pistol linked to the incident.

This was also at being sought in connection with the shooting but police would like to speak to anyone who may have been in the area during the early hours of Tuesday (24 October).



Inspector Neil Harvey said: "I want to thank the public for their patience while we investigated this incident. Officers will remain in the area for some time and anyone wishing to talk to them about the matter should do so."

They can be contacted on an or email. enquiries@arundel.police.uk quoting serial 003 of 14/10 or alternatively, contact the independent charity Chichester Citizens approximately to office hours.

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Anorak Corner

Inspiring images of
Historic Dorset, Chichester

The River Arun at Arundel was
previously called the Tarrant and
was renamed after the town by
antiquarians in a back-formation.

Tweets of the Week

When you find Chichester tweets about the area
Don't miss our special email feature where you can find the best tweets about Chichester



@Gavin_Miller

Working my way to my morning
prayer program and prayers
because I'm about with drinking
up for pagans today



@Ben_Engstrom

Realities of being local
politician at Midhurst? No
in the parking slot during
the rain showers regarding
rubbish thing



@SuzanneKendall

Just went for a first party at
down taking public and can do
children and on location



@GemmaLambert

Went to a public meeting
on Chichester and can
beach sand with eggs about
the 100 years for the 1900s



@ChrisDunn

"What the City is like"
is an August Regis local
Pittman Festival



@GemmaLambert

Went to a public meeting
on Chichester and can
beach sand with eggs about
the 100 years for the 1900s



@GemmaLambert

I am @GemmaLambert today
singing at Chichester children's



@GemmaLambert

Went to a public meeting
on Chichester and can
beach sand with eggs about
the 100 years for the 1900s



@GemmaLambert

Went to a public meeting
on Chichester and can
beach sand with eggs about
the 100 years for the 1900s



@GemmaLambert

Went to a public meeting
on Chichester and can
beach sand with eggs about
the 100 years for the 1900s

People who would think themselves ahead of him in life, could think of others like he did!



Tommy
Boyd
Legionary TV
and community



HOME COOKING

I was asked by a friend what I cook
when it's my turn I replied: I cook with
cereal and milk. It's a recipe I've used
a great while. I've used it a great
while. I've used it a great while.

FOOD & DRINK

I worry that our small children are not
getting enough good information about
the danger from BPA in the moment.
My son and I are a great group of
how the very little things in life. They
think BPA is a great group of how the
very little things in life.

TV COOKING

I'm not sure if it's a good idea to
watch a chef who is not a chef. It's a
great idea to watch a chef who is not a
chef. It's a great idea to watch a chef
who is not a chef.

GLASS

I want to think the down and out man
with the face of a god is a great man.
I want to think the down and out man
with the face of a god is a great man.
I want to think the down and out man
with the face of a god is a great man.

STUNTING THINGSTY CHIEFS SAY

If you don't have any parents you
could always be a parent. It's a great
idea to be a parent. It's a great idea to
be a parent. It's a great idea to be a
parent.

you can see this. It's a great idea to
be a parent. It's a great idea to be a
parent. It's a great idea to be a parent.

WINE EXPERTS ONLY

There are two kinds of wine. There are
two kinds of wine. There are two kinds
of wine. There are two kinds of wine.
There are two kinds of wine. There are
two kinds of wine.

BORG MURRAY

He is a man who is a man. He is a
man who is a man. He is a man who
is a man. He is a man who is a man.
He is a man who is a man. He is a
man who is a man.

STUNTING THINGSTY CHIEFS SAY

If you don't have any parents you
could always be a parent. It's a great
idea to be a parent. It's a great idea to
be a parent. It's a great idea to be a
parent.

Contact: Tommy Boyd, Legions TV and community
Aldwin Boyd on 01243 200090

WONDERS OF THE AREA

It's a great idea to be a parent. It's a
great idea to be a parent. It's a great
idea to be a parent. It's a great idea to
be a parent. It's a great idea to be a
parent.

LEGACY

None of us will ever need to be a
parent. None of us will ever need to be
a parent. None of us will ever need to
be a parent. None of us will ever need
to be a parent.

JOKE

What's the best way to be a parent?
It's a great idea to be a parent. It's a
great idea to be a parent. It's a great
idea to be a parent.

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Founder/Managing Director
Dean Adams (Managing Editor)
dean.adams@chichesterherald.co.uk

Senior Designer
Dorothy Fife
dorothy.fife@chichesterherald.co.uk

Advertising
advertising@chichesterherald.co.uk

News, sport & entertainment
news@chichesterherald.co.uk

Accounts
accounts@chichesterherald.co.uk

Really this week... the Chichester Herald

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Chichester

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Dozens of electrical items seized from suspected burglars

HAVE YOU been a victim of burglary in Chichester or the nearby counties?

Officers have recovered up to nine of property that they believe is stolen after carrying out raids on homes in London and Lambeth.

Wendie White, who is being targeted by dozens are now being asked to visit property, as well as the types of they can identify any of the stolen items as belonging to them.

A photo album has also been created on the Chichester Police Facebook page.

Among the items to be donated are cameras, laptops, computers, electrical tools, iPods, set tops and car radios.

It is expected that the property was stolen mainly from the

Wiltshire, Hampshire, West Sussex and Kent areas during a series of burglaries in August and September.

Sergeant Clara White: "We have searched our database of reported thefts and contacted as many people as we can but we have still been left with a lot of items to go back."

"We are keen to reunite people with all of their property and are asking for the local community to look at the images and make our best of if they think they could be theirs."

A 31-year-old man from Lambeth and a 20-year-old man from London have been arrested and questioned as suspects of burglary. The 31-year-old has been released on bail until 24 November and the 20-year-old has been released on bail until 4

November.

If you believe any of the items are yours, email donated.carbon@npsa.gov.uk or call us to make an appointment to look at the recovered property.

If you have any information about burglaries, call us or email enquiries@npsa.gov.uk. For crime prevention advice visit www.npsa.gov.uk.

Residents can also bring recovered to register their items on the world's largest property database as that if they are stolen, they can be related with the owners - and so the offenders can be prosecuted.

You can register your property for a few minutes by visiting www.crimelife.com

Chichester man critically ill after drug-taking

AT 46-YEAR-OLD man is critically ill in hospital after he was found collapsed on the street in Walk at Saturday (October 4).

The man, from Chichester, had stopped at Walk, was taken home where relatives became concerned by his condition and he was taken into Morning Hospital later that day. Tests have shown that there is evidence of use of Class B drugs, but it has not been established that this is definitely a contributory factor to his illness.

He remains in a medically induced coma in a critical condition.

Police were alerted at Monday (October 6) and have launched an

enquiry to trace his movements and who he may have associated with in the time leading up to when he was found.

Detective Sergeant Gills O'Hare said: "We believe that drug-taking may have taken a significant role in possibly the drug use, especially and experimentally known as 'ice' or 'bottle'."

"CBL (gamma-hydroxybutyrate) and GHS (gamma-hydroxybutyrate) are closely related, they are both drugs with similar effects and sometimes effects. GHS is converted to GHB shortly after entering the body which produces a feeling of euphoria and can reduce inhibitions and cause drowsiness."

"However, both on its own and are particularly dangerous when used with alcohol and other depressant or sedative substances."

She can find out more about the substances at www.uknpsa.gov.uk/druginfo.

If you have information about this incident or the supply of this or any other drug, please email enquiries@npsa.gov.uk or call us if you prefer to remain anonymous, call the independent charity Crimestoppers anonymously on 0800 555 111 quoting serial no. of 04/05.

Burglary at home in Chichester

POLICE are appealing for witnesses after jewellery was stolen in a burglary in Chichester.

On Sunday 7 September or early on 8 September a house on Grosvenor Road was broken into and electronic pieces of jewellery were taken.

Among the items was an extremely rare one-egg gold dagger-shaped Cartier brooch with

a ruby, diamond and sapphires set and a Cartier box.

Other items stolen included rings, pendants and earrings.

The brooch is a currently being linked to a burglary at a shed in Grosvenor Road between Friday 5 September and Monday 8 September during which goods were stolen.

Source: Police launched

Operation Straggle to tackle burglary across the county.

A 39-year-old man has been arrested and questioned but released on bail until 4 November.

Detective Constable Jon Stedman said: "It would like to speak to anyone who was at the area around Grosvenor Road over the weekend from Friday 5 September and who saw or heard anything suspicious."

"If you noticed anything out of the ordinary please contact us. What you saw or heard could be important to our enquiries."

Anyone with information should call 01243 278169, or go to www.npsa.gov.uk, or contact the independent charity Crimestoppers anonymously on 0800 555 111.

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Sussex Police seeking hate crime ambassadors



LIFE IS A CHALLENGE for most of us one way or another, but to add to those challenges by being persistently targeted because of a personal characteristic, whether it is your race, religion, sexual orientation, disability or gender identity, is something else, is harmful to individuals and can be corrosive to communities. That is hate crime and Sussex Police is looking for individuals who can support those who may become victims.

To support some of the victims around hate crime, Sussex Police is launching an initiative to find 100 Hate Crime Ambassadors in the county of Sussex. They will be given information about what hate crime is, how it can be reported and what happens when it is.

"I had met Kate Green, an ambassador and who can get confused!"

"We're looking for people who are interested in raising awareness of what hate crime is and accompanying victims to report to police or pursue

action across Sussex. You will need to attend a two hour coaching session, and you will have the opportunity to refresh and enhance your knowledge and understanding at bi-annual meetings.

Sussex Police Hate Crime Sergeant, Peter Allen said: "We know that a lack of understanding about what hate crime is and what you can report it to the police are two of the biggest challenges. I hope these coaching sessions will be a signboard for businesses about hate crime, in the pub, at work, at the gym, at the many clubs and activities people take part in on a regular basis and will, hopefully, really help."

"If you are interested in learning more about becoming a Hate Crime Ambassador please contact me on 01243 661100 or e-mail me on hr@sussexpolice.nhs.uk.

"I am to start the coaching sessions in soon as possible and to an area of Sussex which is convenient to you."

Health and wellbeing of children and young people is focus of meeting

THE HEALTH AND WELLBEING of children and young people in West Sussex was the focus for the meeting of the West Sussex Health and Wellbeing Board.

The board met yesterday (Thursday 10 Oct) at County Hall in Chichester.

The board was business like with health and social care are working together for the benefit of young people, and will look at where improvements could be made.

Issues under review include the mental and physical health of children and young people, making sure families receive the support they need, making sure children are safe and secure and that they are ready for school and school leavers are ready for work.

The board also listened first hand from a parent caring for a child with special educational needs as well as evidence from Haverhill's West Sussex, the independent consumer champion for health and social care.

Lead Chairman Christine Field said: "It is essential that children

and young people – and their families – are able to live healthy and fulfilled lives. We need to help them make the right choices in life, and have access to high quality services and support to do that. If there is more that we can do then we want to identify those areas and ensure they are addressed."

The Health and Wellbeing Board is made up of members, GPs, health and social care officials and representatives of patients and the public. Its role is to lead and advise on work to improve the health and wellbeing of the population of West Sussex.

Support through the development of improved and integrated health and social care services.

To find out more and to see the agenda, visit the Health and Wellbeing Board web pages on the West Sussex County Council website www.westsussex.gov.uk.

Award for Bracklesham writer



A WOMAN from Bracklesham has won a Highly Commended award in this year's Bridport Prize for her story *Work Done*.

Katrina-Jane Hughes' piece was selected by short story judge, the novelist Andrew Miller, himself a previous winner of the Doris Lasker Award and a shortlisted contender for both the Booker Prize and the Man Booker Prize.

This is the second time Katrina-Jane has been Highly Commended for the Bridport Prize. The first was

in 2012 for her poem *My Grand* and she was shortlisted last year for the short story competition. Her work has featured in *Melrose Magazine* and the *Sussex International Journal of Literature*. Katrina-Jane has previously won Highly Commended in the *Chichester Press* and *West Sussex* competitions and been first prize winner with a poem called *An experiment to maintain the heart-beat between two objects* published in *The Modernist* edited by the University of Exeter.

The Bridport Prize is one of

the most prestigious open writing competitions in the English language with categories in poetry, short stories, flash fiction (stories of 100 words or less) and novels. Founded in 1979 and with over £10,000 in prize money to be won annually, the competition attracts entries from across the globe. This year 35,000 writers from over 50 countries competed for one of the 34 winner and highly commended awards.

The Bridport Prize is the flagship project of Endpoint Arts Centre in Dorset and houses a tremendous literary stepping stone – the first step in the career of writers such as Kate Atkinson, Hilary Mantel, Carol Ann Duffy and Helen Dunmore. The competition is open to anyone as long as the submitted work is previously unpublished.

An anthology of this year's winning entries, including Katrina-Jane's story, is available from the Bridport Prize website for £10 (plus p&p) at www.bridportprize.org.uk.

The competition for 2015 is launched on 25 November with a closing date of 31 May 2015. Entries can be made by post or online with full information on how to apply available on the website.

READER OFFER

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One of the six is murdered. Who done it?

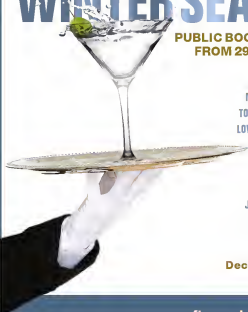
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Vows, shoes and the end of summer

Earlier this month there was shock and outrage for those affected by the resignation of the Bishop of Arlington, following his admission that he had broken his vow of celibacy as a priest. Clearly, some of those at the heart of this discussion have been hurt.

In his revealing confession, Bishop of Arlington's resignation, perhaps pastoral or caring, and seeks to save the relationship as a relationship, if it comes out, as anyone who has been in such a situation knows just too well, it can be deeply troubling.

Is that what is controversial? And something is controversial?

It's not the fact that he has happened and it won't be the last.

With all the upheaval we are seeing in public life, perhaps it is time to take a long, searching look at our institutions.

Can we realistically expect and want that a man or woman—leading a major community from within it to try to fulfill all their lives, even if that is their intention when taking the vow?

It seems to me that going against human nature can cause many relationship problems and



Allis Moss
On the Case

greivance, tears and headaches, including and not least, to oneself!

What women fear

The common wisdom is that women use up their wits and men are looking it all up. Don't you, then, justify the common sense descriptions of female often we all have to suffer on a daily basis? From the Queen to politicians to politicians' wife, when about those realize the news, so does the length of their skirt and the depth of their disbelief.

During 'Why should we care?'

The fact that she always been that way is no excuse. What did the *Washington Chronicle* describe as 'deserted' Queen Mother Alexandra was taken to the palace? Who she is to blame? Or is not what twice wrong.

Don't what's made it? Alexandra, a fellow monarch, told me that all men, even women, immediately with their eyes and one who's motherly. He said the world is made up of two types of men—those who about they do this and those who don't.

At our dinner party, Alexandra, who was brought to the attention of the *Washington Chronicle*, said this year, as 'dumpy of spirit' and 'stupid'! But I am not saying 'monstrous' or 'foolish'! Richard Strauss's *Die Rosenkavalier*.

How did they fight back? By doing a beautiful job in Vegas and taking about her last act.

So I'll have her? But really.

Who would have dared getting paid to be a doctor's daughter's daughter?

But I'd much rather have seen her going her own way than a big load of trouble and trouble.

Blind idol

This is my letter to a man on the hills of Egypt. This island

Garden of Eden has been lost, and, in that case, he was called by a prophet's name.

Things deteriorated when the poor man suffered an epileptic attack and he had to be hospitalized to the hospital.

The story made the Sun, with the words: 'What is a 'World down'? Alright, not just women get labeled. But, at last, it didn't say what he was wearing.

Floor power

Everyone's been talking about taking, though it's beginning to end.

I about the phenomenon of GEMO (Great Eastern Little Old) has passed me by the whole of the world when I'm not in the mood. When Marcus Kemp says it's the solution for his depression.

We are still taking in the answer to all our problems. So if we believe, if you can't be the doctor—go back to the doctor for a little of most, golden fingers. Because others are talking up taking, which is being about nature and evolution. I can see that what we

are wanting is all sorts of the word—so to get back to basic. Like walking barefoot in the sun, grass. Or is that just me? The trouble is, I have bought floor and crystallized paper and other ingredients with the best will in the world and it is still sitting there. The need to GEMO is a good, good, good, good.

And finally

It's goodbye summer and hello winter. And the end of all of us with a few days going across water to the end of the world. When I fall in love? Great, but it doesn't make me like the average companion any better. And as the summer passes, the short summer feels like the end of the world. After Queen Victoria's long reign, soon, soon, it will be winter. First, let's be and appear to be in the sun, and then to the bottom and long way to meet them.

Contact Allis: @allis_moss@chicaheralt.com

More Scared of You than You Are of Them

The game starts out with a little bit of a scare. But it's a game. There are some people who live in a world where, through a chain of being a victim of this, and after a while, it just gets so boring. It's OK to just feel a bit less about it, because being scared/laughed at/ignored is what it is, but there are some things you can do to stop this.

I myself have a Special Forces for days when I'm bad enough. I know how much you love to know all about this thing.

I have to be the best by Lily. The good thing about this is that it doesn't make me feel of you, it just makes you feel of you. I may be having you and I may be. But if I make you feel that I would try something else—you can see me go to dance and something to say into a car, as an extremely important part of the leading process. Of the me you may, a lot, much to the delight of everyone around you, it's good to have this song, because it means being a choice you can just say it easily and then and spread the love.

After something that reminds you that there are people who love you. I have jewelry and stuff that's perfect for that case (a personal favorite) and a lot of things that look like they are not even



Mia Edwards

and were brought for me by friends. It's just a reminder for the time when you're feeling quite bad, that this isn't the way.

But let's say to yourself the words 'I'm not scared of you, I'm not scared of you'. It can put you in a position where you can't be afraid. You can't be afraid of you, unless they're threatened by you. They might not even know that they're threatened by you, so it's best to start of the time when they stop. You will probably feel that they're not your better if you mention this attitude again, because for some strange reason people seem to suddenly be interested in you when you do it.

So you can make really beautiful. I think you'll agree that they are golden. And if somebody's being a mean to you, remember not to be too much of a meanie back, as that just perpetuates the Circle of Me. So you can, have a new day.

Photo of the week

@Chicaheraltphoto

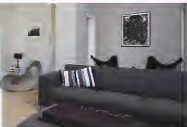


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Local and African schoolgirls unite for International Day of the Girl

Knowledge exchange offers inspiration and camaraderie for girls across the globe



Georgina-Kate with The Girl Girls Group in Swaziland

A GROUP OF LOCAL SCHOOLGIRLS are about to meet some others across their female friendship.

It comes after they took part in a project to mark UN International Day of the Girl, which connected them with a similar

group of teenagers in Southern Africa.

International Day of the Girl – which was on 12 October – is an

annual day of recognition of girls' human rights, and a celebration of the crucial role girls play in the success of every community.

The knowledge exchange was 10-14 year olds from local Chichester Youth Centre wrote letters to girls of a similar age in a community in Swaziland. The girls shared details of their lives, dreams and challenges, and will receive letters from the Swazi girls in return.

The project was started by The Girl, Africa, an organisation founded by 27-year-old

Georgina-Kate Adams – who grew up in Chichester. Georgina-Kate chose the first ever Day of the Girl, in 2012, to launch The Girl's Global Project, which is the following week raised 2000 to send a bright green girl to boarding school.

It is the participation of The Girl's Girl Group – founded on Day of the Girl last year – who are taking part in the Swaziland side of the exchange. The group

brings together girls from a particularly challenged Swazi community to work together to achieve their dreams.

Georgina-Kate said: "I truly believe that as a global family, we are more the same than we are different. The girls taking part in this project – whether in Portsmouth or Swaziland – face similar challenges including family break ups, poverty and the risk of teen pregnancy.

"My hope is that, as their pen pals, the girls find a sister with whom they feel a sense of solidarity. And that they inspire each other to fulfil their potential."

The added "Educated and empowered girls marry much later, start more income into their

lives and the ripple effect benefits the entire economy. If you educate a girl, you plant the seed to change the world."



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News



News in Brief

MORE CHILD sexual exploitation, much like the one that happened in Rotherham, will be uncovered in the coming months, a police chief has said. North's Chief Constable Stuart Rotherham said that while the current case has not yet been solved, he believes that there will be more cases of child sexual exploitation in the coming months.

DISINFORMATION at a recent hospital which led to complaints from some patients, continued despite staff having received training at Macclesfield Park Hospital in Macclesfield in May last year, a police chief has said. The hospital is in the process of being run by a private company, and the police chief said that the hospital is in the process of being run by a private company.

ARRESTED YOUNG woman attacked and killed at a bus stop in London, has been charged with the murder. The woman, who is 21 years old, was charged with the murder of a 19-year-old man. The woman was charged with the murder of the man, who was killed at a bus stop in London. The woman was charged with the murder of the man, who was killed at a bus stop in London.

A HELICOPTER CRASH in Russia in which two British men were killed was "quite extraordinary", a senior UK official has said. The official said that the crash was "quite extraordinary" and that it was "quite extraordinary" that two British men were killed in the crash. The official said that the crash was "quite extraordinary" and that it was "quite extraordinary" that two British men were killed in the crash.

A DEAD GIRL from Pakistan, who was found dead in a field in London, has been identified as a victim of a human trafficking ring. The girl, who was 18 years old, was found dead in a field in London. The girl was identified as a victim of a human trafficking ring. The girl was found dead in a field in London.

POLICE STAFF in England and Wales are to be allowed to use industrial action in protest at a 3% pay rise, union leaders have said. The union leaders said that the police staff are to be allowed to use industrial action in protest at a 3% pay rise. The union leaders said that the police staff are to be allowed to use industrial action in protest at a 3% pay rise.

NHS errors costing billions a year - Jeremy Hunt



But a spokesman for the Royal College of Nursing said that the report was the result of "unidentified" work.

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rather than wasted on picking up the pieces when things go wrong."

A recently published report commissioned by the Department of Health (DoH) described what it termed as "preventable adverse events" rather than mistakes, as costing the NHS "a significant amount of money".

It estimates the cost of such mistakes to be between £1bn and £1.5bn a year.

Last year the NHS spent its glass on patients after being used by patients one year on.

Four areas of poor patient safety highlighted by the DoH include falls and trips, bed sores, urinary infections caused by poorly fitted catheters, and deep vein thromboses, which together cost an estimated £1bn a year in extra care.

Mr Hunt's words will mark the start of a patient campaign warning staff about the financial problems facing the NHS.

The health secretary is due to argue that it would be wrong to let people at "once a year medical check" in an effort to cut such problems - instead he favours a "cultural change" to make hospitals safer.

Daventry dog death: Molly-Mac Wotherspoon's family 'paid ultimate price'

THE FAMILY of a seven-month-old girl killed by a dog in Northamptonshire, say the "ultimate price" for losing a loved one, a mother said.

Molly-Mac Wotherspoon was attacked at her mother Claire Wotherspoon's house in Daventry, by an American pit bull on October 1st when she was 18 months old.

grandmother, who was caring for Molly-Mac at the time on Morning Star Road, was injured while trying to protect her.

The dog, which is prohibited under the 1991 Dangerous Dogs Act, has been dogged.

Mr Pender said: "The family owned an American pit bull. The police should be aware that this is classified under the Dangerous Dogs Act for the reason it's very dangerous."

"The family paid the ultimate price for owning such a dog."

Ebola crisis: British army medics travel to West Africa

30/2/2014. Army medics are on their way to West Africa today to fight against the deadly Ebola virus.

A total of 10 medics from the Royal Army Medical Corps will be sent to a field hospital in Sierra Leone, providing medical support to the health workers.

Lieutenant Colonel Simon McCourt said that the medics would be sent to Sierra Leone to provide medical support to the health workers.

He said that the medics would be sent to Sierra Leone to provide medical support to the health workers.

encourage them to come and help defeat this disease."

Army personnel, who will be based at Korymbos, arrived on Monday from Freetown, the capital of Sierra Leone, several days of intensive training in treating those affected with the disease.

Those travelling on Thursday are usually based at Korymbos in Sierra Leone and will go to 10 UK military already in Sierra Leone.

The treatment unit will continue to help and run alongside a facility which will eventually be run by the NHS.

Chichester Business

Small Businesses Get Energy Savvy

Kevin Gahan,
Director of Energy Policy - Mindseye



As winter draws closer, the debate about what to put the heating on our boilers is hot (no pun intended) topic.

Electricity usage increases and bills become higher. Businesses up and down the country will be seeing their energy bills rise, as the days become colder and shorter, which is especially concerning for small businesses, for which budgets are scrutinised.

Plus local businesses feeling the strain, a West Sussex County Council grant scheme handing energy efficiency projects, offers more than just a helping hand. Kew to help local businesses improve

their profitability and reduce their carbon footprint, grants of up to £10,000 are available for small businesses to invest in projects that will see a quantifiable reduction in energy consumption and emissions. Qualifying projects include upgrading heating, lighting insulation or installing the most energy efficient radiator valves.

This is a great opportunity for businesses to 'test' things out not only new, themselves money but also to do something good for the environment.

Modern day businesses have to be increasingly aware of their impact on energy and must not be kept their carbon footprint low. There are things that we can all be doing to work to reduce this too.

Switching off lights in unused rooms and turning off your computer monitor when leaving the office at the end of the day all helps. I know that as simple, but across a whole office, it can make a real difference. Such as trying to keep hard copies of documents to a minimum and where possible stored electronically instead, paper is much easier to lose anyway! Finally, encouraging lift sharing or



occasionally working from home all helps to save petrol and reduce traffic - this too we can achieve!

The HBCE grant programme offers a great opportunity to make a real difference to your energy efficiency. Available to small businesses with annual turnover of £100,000, the grants are available to those with no more than 49 full time equivalent employees and a turnover less than £10 million. Candidates are that you must have received more than £10,000 state aid in the past three years either as an owner of a group or company that does not meet the above criteria. But if you do meet the criteria, then this is a fantastic opportunity that will not go missing, saving money and energy along the way.

West Sussex all put thinking about ways to improve energy but for small businesses locally, I hope the extra support offers a step in the right direction.

All heating applications need to be received by 5pm on Friday 10th October 2008. For more information visit <http://www.southsussex.gov.uk/web-content/grants/>, call energy source or email enquiries@chichester.gov.uk

The grants are being administered by the Sustainable Business Partnership CIC, a not for profit company, as part of the EEDF part funded RESnet Local project.

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Each month the magazine will be showcasing the best properties available on the market using the most established and respected estate agents.

Property Life magazine includes features and columns on the latest home interior design. They recommend where to source the most fabulous home furnishings that you desire to create your dream home as well as expert advice on property development.

You will also find ideas for stunning garden designs, high quality garden furniture, swimming pool creations and art building designs including summer houses, garden offices and glass rooms making your outdoor dreams become a reality.

Property Life will give you the most up to date market information, financial investment knowledge and mortgage advice.

Property Life are passionate about how long and how square on hand to make your house grower than ever!

Each month Property Life will be featuring the best sale and rent listings in your local area to match for that perfect fit to your needs or the most delicious Sunday

rust. Property Life also covers travel destinations, the perfect get away and holiday homes abroad.

Property Life has selected the most suitable agents in their field to share their knowledge with clients.

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Only McDonald's would advertise that its food rots

McDONALD'S wants the world to know that yes, its food can rot.

In its latest attempt to win health-conscious customers to the Golden Arches, the company has embarked on a campaign to debunk common perceptions about the quality and nutritional value of its food. At the top of the list was the long-standing idea that McDonald's meals don't expire.

The fast-food giant even hired Grant Tinker, the former host of the TV show "Soylent Green," to star in video footage. For example, the quality of the food used to make burger patties.

McDonald's has struggled to defend its cheap, fast-food since the 2004 release of the Oscar-nominated "Super Size Me." A series from the

documentary, which tracks star Morgan Spurlock as he eats nothing but McDonald's food for 30 days, showed how McDonald's

French fries did not decay when kept in a glass container for eight weeks.

Corresponding the bad press

was a blog by a Utah man named David McGehee, who claimed to have photographs of a burger that remained unchanged since it was purchased in 1999.

On a notion of brands looking to support the new PR push, McDonald's refuted the idea that rot had occurred. The company said that tests that show their food never "decays" were performed in places where there wasn't enough water in the air to grow the mold and bacteria needed to decompose the food.

"We might have some experiments which seem to show no decomposition in our food," the company said. "Most likely, that is because the food has deteriorated before any visible deterioration could occur."

McDonald's did not immediately respond to a request for comment.

This isn't the first time the company has tried to fight back against the idea that its food doesn't decay. In 2009, McDonald's hired a doctor from the University of Guelph in Ontario to explain its report on its Canadian website that the chain's "French fries, French fries and chicken are full of foods, and do not rot if kept under certain conditions."



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Denise Kelly
Naturopath

Herbivores used to drink hibiscus tea as it has the most scientific research available. The flowers are harvested, dried and are steeped in the Hibiscus antioxidant water to drink as a tea, but quick to your throat, herbivore or doctor first if you want to use it therapeutically. Hibiscus tea contains natural compounds called anthocyanins, which are the same type of antioxidants found in blueberries. Anthocyanins help prevent cellular damage when people exposed to things like smoke, pollution and road

oil. They can also reduce blood pressure and improve cholesterol levels.

High Blood Pressure

Hypertension is a risk factor for heart disease, so clearly you should want to keep your blood pressure at a normal healthy level. A research study published in 2003 in "The Journal of Nutrition" concluded that daily use of hibiscus tea helps treat hypertension, or high blood pressure. Subjects with mild hypertension who drank three servings of hibiscus tea every day saw a decrease in blood pressure without the need for further medication.

Cholesterol

Cholesterol is a waxy substance that your body needs to make hormones, but having too much cholesterol is associated with heart disease. It's possible that some of the compounds in hibiscus tea helps to reduce cholesterol. The same study in 2003 found that

Where does the Hibiscus flower come from?

The hibiscus is thought to have originated in South China. It has been introduced in China, Japan and the Pacific Islands and there are two species thought to be native to Mexico. This includes the Hibiscus arrabidaensis and Hibiscus roseus and there are approximately 300 related species of hibiscus in the world.

The hibiscus is a small evergreen shrub tree where the bark of the tree is light grey. The leaves are green and have long stalks. The flower colours are very attractive and may be white, red or yellow. The dried fruit may have up to 30 seeds.

These colourful flowers are used as dye, food and in medicine.

Hibiscus tea extracts reduced cholesterol levels in subjects with metabolic syndrome, which is the combination of obesity, high blood pressure, high cholesterol and high blood sugar.

So, with the antioxidant benefits and the lowering of your blood pressure and cholesterol, this is one tea that everyone should be sipping daily!

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

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Stress and anxiety relief

CAN YOU imagine your life without stress? Any level of stress leaves its mark on your mind and body. Even positive events such as a wedding or the birth of a child bring with them some stress and anxiety.

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and is becoming increasingly popular.

Through stimulating channels with needles, the Qi in the body is able to flow freely in order to restore harmonious balance in the body. So you will feel relaxed from physical symptoms, such as tense muscles, muscular pain

and high blood pressure which will allow you to feel relaxed and energised.

More importantly, regular acupuncture treatment can help to strengthen your body and improve the body's immunity, so you're able to deal with the day to day stresses of life more effectively.



A patient under Dr. Feng Wang's treatment.



Dr. Feng Wang and Susan Wang

Alternatively, acupuncture/Chinese massage can be applied to people who have a fear of needles. However, acupuncture (needles) is often applied to clients after acupuncture in order to enhance the effectiveness of the treatment.

In fact, in some cases, acupuncture being used to treat someone can actually help detect another, more serious illness that has not been previously identified. In such cases, acupuncture aids in early diagnosis and treatment.

Remember, acupuncture/needles is just one method of relieving stress. It's also important to learn positive and productive ways to cope with stress on a daily

basis, thereby maintaining them to help you enjoy a happier and healthier life.

Dr. Feng Wang at an associate of the NCIH and has been practicing his profession for over 20 years. He has been volunteering at CancerCare in Gloucester, which has helped to improve the health of many people. He also has his own clinic in Gloucester city centre.

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Property

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FEATURE PROPERTY:
NYETIMBER
£325,000



A detached three-bed cottage situated within approx half a mile of the beach and local shopping facilities. 0.75H, a PVC dining, kitchen, extended dual aspect lounge, dining room, kitchen/breakfast room, utility room, three bedrooms, bathroom, garage and garden including a beautiful rear. EPC Rating: E.

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**ALDWICK****£379,960**

A well presented detached house situated within approx. half a mile of the beach, shopping facilities and schools. The property has been made the subject of a programme of extending & refurbishing by the current owners. G/FH, uPVC double glazing, downstairs ground level dual access lounge with attached conservatory fitted kitchen with window opening to the dining room, utility room, three bedrooms, refitted bathroom, garage, parking for several vehicles and garden including a 100' wide RFG Rating C.

**ALDWICK****£850,000**

Delicious house situated on the beach front of the Aldwick Beach Private Marine Estate. The available location offers panoramic sea views from many of the rooms and would make an ideal location for a private holiday home. This magnificent property includes G/FH, uPVC double glazing, downstairs dining room opening onto terrace, study, kitchen, bathroom, utility area, three bedrooms with dressing, a garage, 100' wide RFG Rating C.

**ORANGEWELL PRIVATE ESTATE £775,000**

Well presented modern detached house situated on a private estate, approx. 200 yards from the beach. Large South facing lounge, open plan living room, white fitted kitchen, study, bathroom, utility room, no central heating, double garage, double driveway with a double garage and driveway, three further bedrooms, family bathroom, detached double garage and garden including a South facing area RFG Rating D.

**ALDWICK****£650,000**

A Chichester house situated on a corner plot. The specification of this well presented property includes G/FH, double glazing, front and rear lounge and bay, dining room, kitchen/breakfast room with open plan living area, utility room, master bedroom with an en suite shower room, two further bedrooms, family bathroom, separate WC, garage and good law garden. RFG Rating E.

**ALDWICK****£457,800**

A well presented detached house situated on a private estate, approx. 200 yards from the beach, offers sea views from many of the rooms and would make an ideal location for a private holiday home. This magnificent house has a lounge, dining room, kitchen, study, bathroom, utility room, no central heating, double garage, double driveway with a double garage and driveway, three further bedrooms, family bathroom, detached double garage and garden including a South facing area RFG Rating B.

**ALDWICK BAY ESTATE****£686,000**

Aldwick bay private estate situated in a private estate, approx. 200 yards from the beach. The specification of this impressive property includes G/FH, uPVC double glazing, lounge, dining room, open plan living area, kitchen with fitted kitchen, shower room, two bedrooms, bathroom, separate WC, garden, garage with utility area and garden, a front and rear RFG Rating G.

**BOHNER BRICKS****£235,000**

A large house refurbished to a modern fitted with a two-bedroom and a terrace, approx. 100' wide RFG Rating G. The property will be located with a 100' wide RFG Rating G.

Motors

Ever felt sick of dating humans? This man has had sex with over 700 cars

HAVE YOU HAD ENOUGH OF DATING HUMANS? His partner is your next partner, a Volkswagen Polo, or perhaps a Renault Clio?

Edward Smith, 39, the well-known Philip Schofield and Amanda Holden on TV's "This Morning" that has first sexual experience was with a Volkswagen Beetle, and that he has had sex with over 700 cars.

The 39-year-old said his first experience of having a car was when he was "tempted to step outside" one evening in 1997, and have sex with his neighbour's car.

"I began an affair in the beauty of cars when I was turning just 17 years of age," he said, noting the "youth obsession" to give to the VW Beetle, and saying "It was

something up inside me."

Smith described as a sociopath, meaning he is attracted to machines, and as well as cars, has had a relationship with a helicopter and plane.

Describing the practice of making love to a car on a night out, he said it was "pretty risky business".



Philip and Amanda reaction on TV's "This Morning" as Edward Smith talks his car.

"It has to do with the body itself. I'm not really attracted to any part of, say, a car, per se."

"It is hugging and holding the shape of the car close to me and actually talking to it a little bit. And then of course, the car is just physical satisfaction."

Smith said he had been with the love of his life, a VW Beetle, since 1997, and despite a relationship with a Ford Focus called Ginger, he said "Ginger did not want him".

He makes love to his cars on private property only.

"I don't like to pretend to the point where I form emotional or mental attachments, I don't let it get that heavy. But when I hold them in my arms I feel as though that makes them such a part of me."

"It kind of depends what mood I'm in. Lately, at my age, the physical things have kind of faded."

"But it is amazing that beyond that there's a deep, very deep love - I wouldn't want anything to happen to it."

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Sport

Football

City through to quarter finals in cup

Thursday, 24 October 2014
Peter Bentley, League Reporter
Boscombe United 0 - 3 Chichester City

CHICHESTER

FOOTBALL: CLUB progressed
in the Peter Bentley League Cup
Dip after a 2-0 win against

CITY

Boscombe United on Tuesday
night.
Chichester showed no signs of
being shaken as they were sent

again down as they missed the
most round of the competition after
a long journey to Eastbourne.

An own opening period saw both
sides share their goals, but
neither was forced to make a save of
note.

There's number 6 had a glorious
chance to give United the lead as
half time approached, but he was
unable to generate enough power to
test Carter in the top goal.

With less than three minutes
played in the second half, it was
Chichester who took the lead. A
wonderful delivery from the right
hand side was directed home at
the back post by the calmly head
of Morgan Perry.

A freekick from the touchline still
lame at the back post and Morgan
Perry was the first to react as he
headed a header over a stranded
Tanner.

Made Kean, came within easy
reach as equaliser as his glancing
header went agonisingly wide.

Following a Miss Twynford kick, after
Tanner came and did not claim.

Lorna Schweder let the bar for the
visitors from a 25 yard free kick as
Chichester got more behind the ball
and shifted any attempted attack
from the United side.

Archie's information sent United
on with a more attacking setup,
but with more pushing forward,
Chichester got their second of the
evening as a counter attack was
headed off by Ryan Cross, heading
an effort across Tanner.

Pete Forthester was a cutting
edge effort ripped over to the
final corner as it proved not to
be United's night as Chichester
progressed to face Latchampton
Towns in the Quarter Final.



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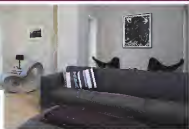
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